



<sup>1</sup>U.S. Surgeon General Report on Oral Health 2000 – Chapter 3 – Diseases and Disorders

<sup>2</sup>Application of the international classification of diseases to dentistry and stomatology: ICD-DA. World Health Organization 1995

<sup>3</sup>“Oral health is about more than your mouth,” [www.deltadental.com/us/en/protect-my-smile/overall-health/oral-health-is-about-more-than-your-mouth.html](http://www.deltadental.com/us/en/protect-my-smile/overall-health/oral-health-is-about-more-than-your-mouth.html), accessed 2023.

<sup>4</sup>“Pregnancy and oral health,” DDPA, [www.deltadental.com/us/en/protect-my-smile/life-stages/pregnancy/pregnancy-oral-health.html](http://www.deltadental.com/us/en/protect-my-smile/life-stages/pregnancy/pregnancy-oral-health.html), accessed 2023.

<sup>5</sup>American College of Obstetrics and Gynecology (ACOG), “Oral Health Care During Pregnancy and Through the Lifespan” Number 569, August 2013, (updated 2022).

<sup>6</sup>“Gum Disease and Other Systemic Diseases,” [www.perio.org/consumer/heart\\_disease](http://www.perio.org/consumer/heart_disease), accessed 2023.

<sup>7</sup>“What is dry mouth,” DDPA, [www.deltadental.com/us/en/protect-my-smile/oral-health-conditions/dry-mouth.html](http://www.deltadental.com/us/en/protect-my-smile/oral-health-conditions/dry-mouth.html), accessed 2023.

<sup>8</sup>“Dental advice if you have kidney disease,” [www.deltadental.com/us/en/protect-my-smile/overall-health/dental-advice-kidney-disease.html](http://www.deltadental.com/us/en/protect-my-smile/overall-health/dental-advice-kidney-disease.html)

<sup>9</sup>“Oral yeast infections (candidiasis),” [www.deltadental.com/us/en/protect-my-smile/oral-health-conditions/oral-yeast-infection-candidiasis.html](http://www.deltadental.com/us/en/protect-my-smile/oral-health-conditions/oral-yeast-infection-candidiasis.html)



A mouth free of gum disease may promote an overall healthier body!<sup>1</sup>



Evidence shows a strong association between gum disease and heart disease, diabetes, poor pregnancy outcomes and other medical conditions.<sup>1</sup>



Early symptoms of more than 120 diseases may first appear in the mouth.<sup>1,2</sup>



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*Healthy Smile,  
Healthy You<sup>®</sup>*



# Can a healthy mouth create a healthy body?

Research suggests that positive oral health habits may impact many medical conditions.<sup>1</sup> So it's important to brush and floss every day and to visit the dentist regularly.

Delta Dental of Virginia wants you to be your healthiest self, so we created the *Healthy Smile, Healthy You*<sup>®</sup> program. It gives enrolled members additional dental benefits when they have one of the following conditions:

## Diabetes



Gum disease may be seen more frequently in people with diabetes and can be more severe. People with diabetes who have gum disease may find it more difficult to control sugar levels than people with diabetes who do not have gum problems because infections may lead to increased blood sugar levels.<sup>3</sup>

## Pregnancy<sup>†</sup>



Pregnant women with gum disease may be more likely to have a baby born prematurely or underweight than pregnant women without gum disease.<sup>4</sup> Morning sickness may also cause tooth erosion due to increased acid from vomiting. Research also shows that women with high levels of tooth decay-causing bacteria may pass that onto their newborns, increasing their babies' risk for early childhood cavities.<sup>5</sup>

## High-risk cardiac conditions



Cardiovascular disease impacts many Americans, and people with gum disease may have a higher risk for heart disease. Gum disease may also make it more difficult to manage existing heart conditions.<sup>6</sup>

## Cancer treatment<sup>†</sup>



Radiation and chemotherapy directly affect salivary glands and oral tissues and may increase the risk of oral pain, infections and cavities.<sup>7</sup> Side effects may be reduced with diligent oral care and the participation of a dental team during cancer treatment.

## Weakened immune system<sup>†</sup>



Fighting off germs is crucial to reducing infections and staying healthy. So, it's important to maintain positive oral health habits if you have a weakened immune system. Brushing and flossing may help reduce the risk of expensive dental treatments while helping reduce infection rates.<sup>8</sup>

## Kidney disease<sup>†</sup>



If you have kidney disease, you may need to take extra care of your teeth and gums. That's because you may be at risk for certain mouth problems, such as dry mouth. For those who have had a kidney transplant and need to take anti-rejection medicine that suppresses your immune system, you may have additional side effects that appear in the mouth, such as sores in the lining of the mouth, dry mouth and enlarged gums. To control bad breath and to help reduce the risk of oral health complications, brush gently at least twice daily, paying special attention to the gums.<sup>9</sup>

If you have one of these medical conditions, *Healthy Smile, Healthy You* allows for an additional cleaning and exam\* beyond your plan limit per benefit period. Download the *Healthy Smile, Healthy You* enrollment form at [DeltaDentalVA.com/members](https://www.DeltaDentalVA.com/members) to get started. Once you submit the form, you can schedule an appointment with your dentist to care for your oral and overall health.

\*You also are eligible for fluoride applications beyond the age limitation of your group contract.

<sup>†</sup>You may be eligible for an additional periodontal maintenance procedure if you have a history of periodontal treatment, such as surgery. Beginning January 1, 2024, you may also be eligible for sealants beyond the age limitations of the group contract.